

Relationship of Personal Stress of Teachers with Physical Activity

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ABSTRACT

Everyone occasionally feels stressed. A little bit of stress is normal, but extreme stress frequently has negative effects on the body. Stress at work can lead to odd and dysfunctional behaviour as well as bad physical and mental health. teachers are under a lot of strain because of the competition to meet the Academic Performance Indicator as well as due to many other responsibilities given to them other than teaching, which negatively affects their teaching. The Purpose of this study was to check whether there is any relation of physical activity of teachers with their personal stress. This study was carried out by survey method on the teachers from Nashik. The sample was selected by convenience sampling technique (Gay, 2000) and only those teachers were considered from the population who were doing physical activity on regular basis. To measure the personal stress Personal Stress Inventory was used and activity level was determined by questionnaire. Statistical analysis shows that there is correlation between the Personal Stress Level of teachers who are active in Physical Activity. So, it is concluded that the teachers who are physically active can cope up with the Personal Stress and may have less Physical Stress compared to the teachers who are not physically active.

Keywords : Physical Activity, Personal Stress, Teachers.

Introduction

Life will always involve some level of stress. The word “stress” is frequently used, yet it has many diverse meanings. Stress, which is the disruption of the body’s homeostasis or a condition of disharmony in reaction to a genuine or imagined threat or challenge.

Everyone occasionally feels stressed. A little bit of stress is normal, but extreme stress frequently has negative effects on the body. Many people have negative emotions.

(Doing What Matters in Times of Stress, 2020)

The physical advantages of exercise—improving physical health and preventing disease—have long been recognised, and doctors constantly advise patients to maintain an active lifestyle. Exercise is also thought to be important for sustaining mental health because it can lower stress. Research have shown that it works wonders for boosting general cognitive function, boosting alertness and focus, and lowering weariness. This can be especially useful if stress has made it difficult for you to focus or have much energy.(Jackson, 2013)

Exercise helps the body deal with stress better because it alters hormone reactions. For example, endorphins, which are released into the bloodstream after exercise and inhibit the central nervous system (CNS), give people a sense of well-being and enhance their mood. Shorter length activities might be used for this purpose when time constraints or exhaustion are an issue for the person who is experiencing work-related stress. It might be quite advantageous to divide an exercise session into two 10-15 minute sessions before and after work. (Effects of Exercise on Stress Management, 2023).

Any form of exercise increases your body's capacity to use oxygen and promotes healthier blood flow. More significantly, both of these items have a positive impact on the brain directly. The brain produces more endorphins after exercise. The neurotransmitters known as endorphins are what give you the “runners-high” and the “feel good” sensation. They are also the cause of the “feel good” effect. Simply put, it is the feeling of happiness or euphoria people get after engaging in a workout. The repetitive movements made when working out encourage to put more of your attention on body than on your thinking (Jackson, 2013).

No doubt, the most crucial profession for the advancement of our nation is teaching. Stress at work can lead to odd and dysfunctional behaviour as well as bad physical and mental health. teachers are under a lot of strain because of the competition to meet the Academic Performance Indicator as well as due to many other responsibilities given to them other than teaching, which negatively affects their teaching and, as a result, the learning of their students. The researcher wants to evaluate instructors' stress vulnerability and Physical Activity levels in addition to examining variations in stress victimisation based on activity index and teaching experience.

The Purpose of this study was to check whether there is any relation of physical activity of teachers with their personal stress.

Methodology

This study was carried out by survey method on the teachers from Nashik (Best, 2010). The sample was selected by convenience sampling technique (Gay, 2000) and only those teachers were considered from the population who were doing physical activity on regular basis. To measure the personal stress Personal Stress Inventory was used. The scoring of Personal Stress Inventory was very simple. Every item marked as 'Seldom' by the test is given a score of 1, marked as 'Sometimes' is given a score of 2 and marked as 'Frequently' a score of 3. Unmarked items are given a score of zero. Subsequently, scores earned by the subject on every mark then were added together to yield a total score. Higher the score, the higher is the magnitude of personal stress. Likewise, lower the score, lower is the magnitude of personal stress. The maximum score on Personal Stress Inventory is 105.

Physical Activity level was determined with the help of Questionnaire based on three areas. First area was "frequency" means duration of the physical activity, another was frequency means for how much time they perform the physical activity and third was intensity of the physical activity. In this questionnaire there were 3 questions which were used to assess an individual's overall level of physical activity.

Initially Questionnaire to measure the physical activity level was given to all subjects and then based on their responses, all subjects were divided in to two groups i.e. those who were following regular physical activity and those who were not. Questionnaire was given to about 87 teachers out which 79 responded to the questionnaire. From these 79 responses, only 33 teachers were following regular activity program hence two groups of 33 teachers were made and then Personal Stress Inventory was given to them.

All the responses given by the samples were then entered in the computer and with the help of statistical techniques conclusion were drawn.

Result

Scores of Personal Stress Inventory and the level of physical activity were recorded and with the help of spearman rank order correlation, the relation between them was determined. The following tables shows the descriptive statistics and correlation coefficient between them (Miller, 2009).

Table 1 : Descriptive statistics of score of Physical Activity level and Personal Stress

	Personal Stress of Less Physical Activity	Personal Stress of level Active Physical Activity
N	33	33
Mean	69	51
Median	75	51
Mode	78	66
Std. Deviation	12.35	11.77

From the above table, it is seen that mean of the teachers who were undergoing regular physical activity 51 (SD + 11.77) and that of the teachers who were not undergoing regular physical activity is 69 (SD + 12.35), Hence, it is interpreted that the stress level of teachers who are undergoing regular physical activity is less than the teachers who are not regularly undergoing physical activity.

Table 2 : Correlation between Physical Activity level and Personal Stress

	Correlation Coefficient	Level of Significance
Correlation of Personal Stress level Active Physical Activity	0.75	0.031
Correlation of Personal Stress with Less Physical Activity	.045	0.810

The spearman rank under correlation between the Personal Stress level of teachers who are active in physical activity and is 0.75 Which is significant at 0.031 level of significance ($p < 0.05$)

The spearman rank under correlation between the personal Stress level of teachers who are less active in physical activity is 0.45 Which is not significant at 0.05 level of significance ($p > 0.05$). Hence it is interpreted that there is correlation between Personal Stress level of teachers who are active in physical activity.

Conclusions:

Statistical analysis shows that there is correlation between the Personal Stress Level of teachers who are active in Physical Activity. So, it is concluded that the teachers who

are physically active can cope up with the Personal Stress and may have less Physical Stress compared to the teachers who are not physically active.

Discussion:

Frequent exercise can reduce the signs of mild depression and anxiety, boost mood, help you relax, and build self-confidence. To feel calmer, many people engage in yoga or add breathing and stretching activities to their regular regimen. Sleep, which is frequently disturbed by stress, depression, and worry, can also be improved by exercise. Many experts and doctors suggest to strive for 15 to 20 minutes of strenuous exercise or 30 to 40 minutes of moderate exercise, such as walking, each day (Malooly, 2021). One must make sure not to make physical activity or exercise another stressful activity of the day. Everybody must select an enjoyable activity to do which will add fun along with the active lifestyle.

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